

LONG LIFE
AND
HOW TO ATTAIN IT

HENRY STEPHENS

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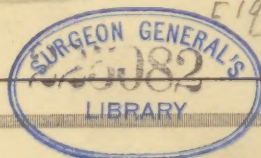
LONG LIFE
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HOW TO ATTAIN IT



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AUTHOR and PUBLISHER
HENRY STEPHENS

Westminster Building
CHICAGO, ILLINOIS



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COL. HENRY STEPHENS, CHICAGO, ILL.
Past Commander, Columbia Post, G. A. R.

LONG LIFE AND HOW
TO ATTAIN IT

— BY —

HENRY STEPHENS

CHICAGO, ILLINOIS

FIRST EDITION

AUGUST, 1916

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HOW TO LIVE HAPPILY

At the age of 75 years—and "then some."

Having survived

You have proven your fitness.

Gloat over it!

Having proven how to live,

Live your way.

Be an optimist; take Physical Culture.

Be happy in the memories of the past,

The pleasures of the present,

And anticipate the joys of the future.

If one leg is in the grave exercise the other to
enable you to pull it out.

THE STEPHENS SYSTEM OF EXERCISING IS
PARTICULARLY ADAPTED TO LADIES
THE METHOD BEING GENTLE, AND RE-
QUIRING NO GREAT EXERTION AND
THE RESULT SHOWING EVEN AND
SYMMETRICAL DEVELOPMENT.

NEW SYSTEM
OF
EXERCISING AND DIETETICS



HENRY STEPHENS
At the age of 75. "The Old Made Young."

INTRODUCTORY

HENRY STEPHENS, at the age of 75, is a living exponent of the merit of his system of dietetics and home exercise, evolved by himself through years of patient experiment and persistent practice, beginning at the age of 60 when he was impelled by poor health and general physical derangement to work out his own salvation after the doctors had "given him up."

Any method or system which retards the natural process of deterioration and shows physical improvement after the age of 60, as the result of a few simple rules of living, should compel the interest of every one.

This little book tells you how to become healthy and how to remain so.

Man does not believe—he reasons—and then he believes his reasons.

The world is being educated every day to the recognition of new conditions and the acceptance of new ideas.

P R E F A C E

S T E P H E N S S Y S T E M

MY SYSTEM of dietetics and home exercise is the result of years of experience and close observation, and will help you to solve the problem of longevity. A new and special system of light exercise in your bedroom, 15 to 20 minutes every morning, adapted to all persons, including women and children. No apparatus except one-pound dumb-bells.

The object of this work is to show the difference between cultivating your muscles for health and longevity, on the one hand, or building up of abnormally large muscles, which are NOT conducive to health and longevity, on the other. The mild form of exercising, as explained in these pages, moves every one of your muscles (more than 400 on each side of your body). This causes perfect circulation of the blood, which is the fundamental principle of my method, and results in perfect digestion; thus enabling the liver (which is the chemical laboratory

of the body) to take from the homogeneous fluids, made by digestion of food, the different chemical and mineral properties and the vitamins required by the blood; making the body healthy and efficient and preventing or curing disease. These properties can best be obtained by eating a great variety of foods in small quantities, thus giving the liver an opportunity to select the elements required by each individual system.

Wherever the author has found it necessary to go outside of his own experience for the subject matter in this book, he has been careful to consult only the highest authorities. Acknowledgment is hereby made to the United States government for valuable data and information.

THE AUTHOR.



LONG LIFE

IT MAY seem strange to the reader that a layman should undertake the consideration of such a profound subject as that designated by the title of this little book. However, I am simply applying practical common sense to the matter. You will find my method entirely original, novel and interesting. That it accomplishes remarkable results is shown by the photograph of the author at the age of 75.

Physical Culture and Sanitary Preparedness make the old young and prevent the middle-aged from getting old. Under-worked muscles and over-worked stomachs and kidneys are the principal causes of disease. It is far better to watch the track in order to avoid derailment of the locomotive than it is to wait for a catastrophe and then hasten out with a wrecking crew.

Physical exercise taken every morning before breakfast (15 to 20 minutes) produces perfect circulation and perfect circulation creates perfect digestion and perfect digestion puts into the system, through the

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blood, 12 chemical elements absolutely essential to life. The liver, being the laboratory of the system, performs this work and no other agency can perform it. No doctor can possibly distribute iron or anything else in the blood, except hypodermically. Vitamine is a wonderful substance recently discovered. It exists in minute quantities in many food substances and men or animals deprived of it would certainly die in a few days. It is the little spark essential to the vitalization of the blood, relatively the same as the electric spark that starts the automobile.

If your system lacks one or more of these elements you are deficient to the extent of the number of mineral or chemical properties lacking, and will not be efficient until they are replaced. Why is a child sick when teething? The teeth, being composed of lime, iron, magnesia, silicon, phosphate, etc., are drawing these properties out of the system and causing a deficiency; and when they have been returned or replaced by digestion of foods containing these properties, the child becomes well. Now, the great question is to know what is lacking. You, yourself, cannot tell; the doctor cannot possibly tell. Your liver, if it could talk, would and could tell, because it is the laboratory of the system and knows just what is lacking and the

quantity required. The nutritive portions of food are converted into homogeneous fluid which pervades every part of the body, is the basis of every tissue, and is termed blood. The necessary *chemical properties* are secured through the digestion of all kinds of food—principally fresh fruit, vegetables, etc., consequently, to secure them, eat every variety of food, but in small quantities—varying the food each day, and in the course of a week's time you will have secured the various elements your system requires. Until recently it was thought possible to determine the value of food from its content of proteids, fats, carbohydrates and nutrient salts. This theory is erroneous, as much disastrous experience has proved.

It is also necessary to take account of the certain substances called vitamins, because of their importance, and even indispensability, to life. Their presence in food was detected, not by refined methods of chemical analysis, but by the study of certain diseases, especially beriberi. The bran of the miller, as removed by the metallic roller, includes the aleurone layer, which is not only a starchless layer, rich in fats, but contains the newly discovered substance to which Prof. von C. Funk has given the name of "Vitamines," and of

which the first detailed authoritative account appeared in the year 1914.

Many of you have read about the German cruiser "Kronz Prince Wilhelm," which was cruising all over the world for six months, not entering any port during that time. She had 500 picked men, and 400 were ill as the result of a lack of vitamins in their canned food, the other 100 being only just able to manage the ship. After they arrived in port they ate fresh fruits and vegetables and in 15 days were well men. The vitamins that their systems required were restored. Professors von Casimir Funk and J. F. Bergman (Wiesbaden 1914) regard vitamins as mother substance of ferments and hormones, and of vital importance to the thyroid and other ductless glands. It is thus evident that the diet standard of the text-books must be revised in the light of their discovery, which throws a flood of light on milk and other food problems. White flour and corn flour are deficient foods because the vitamins have been removed in the milling process.

Whenever any cereal, robbed of its aleurone or vitamin layer, forms the chief food of a people, there a deficiency disease appears. Rice is eaten by more people in the tropical regions of both hemispheres than

any other grain. The marked increase of beriberi caused by eating polished rice, claiming thousands of victims yearly in Japan and China, caused the United States Government to make the polishing of rice and barley illegal in the Philippines, as the polishing process removes the vitamins.

Electricity is something I have not mentioned because we know, as yet, very little about it. We do know that it is essential to life but we do not know what quantity the system requires nor in what way it gets into the body. We also know that too much electricity forced into the system means instant death. Many scientists believe that light is one form of electricity as they both travel at the same speed, 186,500 miles per second—too fast for me.

It is very gratifying to observe that our high-grade physicians are becoming expert microscopists, biologists and dietitians, and paying less attention to *materia medica*, which is a good thing for humanity. The old time formula dispensary, which is the stock in trade of the empiricist and the charlatan, has killed more people than war and pestilence combined, and the leaders of the medical profession say so.

It seems to me in view of what these learned gentlemen have said relative to the practice of drug

doping, that it is about time for the laymen to do a little thinking for themselves. There have been some great men who were not professors—men who made no pretensions to a classical or scientific education.

Sir Isaac Newton was accounted stupid until a successful fight with a large boy stirred him to activity; Stonewall Jackson was slated for dismissal as an incompetent teacher when the Civil War broke out; Grant was only a second rate sort of a clerk in a country store, and Napoleon cultivated a bad handwriting to hide the fact that he could not spell correctly. Edison, "The Wizard," made no pretension to education, and many of our successful business men are not college graduates. I am commencing to lose faith in higher education. The men to heed or follow are those who have a practical, analytical turn of mind and are close observers of nature. I came across an article by a physician in the Scientific American the other day that looks good to me, which said, "Good Health at Cheap Price. An apple a day, it has been wisely said, will keep the doctor away, but so will plenty of water, and water is to be had for the asking and taking. We do not value it; we are careful to wash our outer bodies, but we fail to realize the value of

flushing our inner bodies." This doctor says that if we all gave the body six glasses of water each day, doctors would have less practice. He says: "Take one glass of water upon rising, two glasses between breakfast and luncheon, two glasses between luncheon and dinner and one upon retiring." There are two opinions about drinking water with meals. The weight of medical opinion is against asking food to swim in water. Before and after meals is the safest rule for drinking water. The time will come when we shall arrange for food upon our table scientifically (which means simply intelligently), and when we shall have employed the doctor as biologist and expert dietitian, we will not have so much use for him as a doser. Doctors talk about the calories and proteids the system requires and yet cannot tell the quantities or in what way they can be introduced into the blood. My contention is simply this: That the liver is the chemical laboratory of the system, as I have previously stated, and that all vitamins and necessary blood properties must be supplied through the liver, which determines the quantity of each required. Consequently, small quantities of many kinds of food must be furnished to the digestive organs to permit of a proper selection by the liver. Light exercise, whereby every muscle is

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brought into action, creates perfect digestion, which is the fundamental basis of my system or theory.

In the absence of the following chemical elements the system is impaired, its vitality lowered and its resistance to disease destroyed. They are Carbon, Hydrogen, Oxygen, Nitrogen, Iron, Lime, Phosphorus, Potassium, Magnesium, Sodium, Sulphur and Chlorine. Silicon, Iodine, Flourine and Manganese are occasionally found, but not known to be essential. If the system lacks one or more of these ingredients there is a deficiency that can only be replaced by digestion of foods containing them, and the liver is the only agency which can perform this service.

Now, as to the new and novel part of my method I would say that I claim to have worked out a simple way of exercising that moves all the 400 muscles on each side of the body in 20 minutes; not for the purpose of creating athletic or knotty muscles, but ***simply to move each and every one of them***, which creates perfect circulation and that produces perfect digestion, thereby enabling the liver to obtain all the elements and vitamines needed by the blood; thus making the body efficient and immune to disease and also helping to eradicate any existing disease.

I also have formed an idea of the cause of rheumatism and diabetes. The doctors have, as yet, not discovered the cause or cure for either.

What is Rheumatism?—It is caused by the stagnation of the blood in the minute veins. The sediment accumulating in the veins forms small calcite chips. Several thousands of these little spears, continually pricking into the veins, cause excruciating pain. When this sediment is removed by an active circulation of the blood flushing it out, you will have no more rheumatism, so long as you keep up the circulation by regularly exercising.

What is Diabetes?—I firmly believe that this is a deficiency disease, and if the patient were permitted to eat all kinds of food, principally fruit and vegetables, drink plenty of pure water and take plenty of sleep, dismissing all cares and worries, that the deficiency would be replaced automatically and the patient become well.

Hay-Fever.—There is no known treatment for hay-fever. I believe that it is also a deficiency disease and putting your body in good physical condition will undoubtedly cure you. Why not try it?

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Now, let me tell you the history of my own case. Fifteen years ago, at the age of 60, I was an invalid with rheumatism, dyspepsia and gall stones. My doctors gave me just one or two years to stay on this earth. The doctors have gone; I am still here, in better shape than at 45. The photographs prove what physical culture and sane living will do. I want to impress upon you the fact that I do not pose as an athlete, but am a living example of physical improvement at the age of 75 years, having perfect circulation and, consequently, good health.

I have selected, for illustration, 15 different movements, reversing most of them, making 28 different movements, each 25 times, or a total of about 700 movements in about 15 to 20 minutes' time. In that way I have brought every muscle into action. In connection with this exercise you take **deep breathing**.

Efficiency now-a-days in everything is looked for and desired. Anything that will save time is valuable. Why should a man take the time to walk five miles every day for exercise when he can accomplish the same result by 20 minutes' exercise in his own bedroom, if done systematically and regularly every morning? Very rarely is motion produced by the

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action of a single muscle, but by the harmonious action of several. The economy of muscular power thus displayed is truly remarkable. In easy and graceful walking the forward motion of the limbs is not altogether due to exercise of muscular power, but partly to the force of gravity, and only a slight assistance of the muscles is required to elevate the leg sufficiently to allow it to swing. Sleep eight hours on the average. If you are out late one night, go to sleep early the next night. The man of business knows that he needs more physical exercise and appreciates the fact that he feels the better for it, but denies himself because he hasn't time. He lacks time to eat properly, to think properly, to rest properly—continually pleading lack of time. And at last, when he is dead, the automobile hearse rushes him to the cemetery to save time and then he has plenty of time to think it over.

Eat anything or everything (in small quantities); a different kind of food every day for each day of the week, if possible. Fresh fruits, vegetables, raisins, figs, all kinds of nuts, honey (which is so seldom used) has vitamins and is excellent for the tonsils; plenty of pure water (no ice water), meat in small quantities.

***Digestion, Assimilation and Excretion**

"We live not upon what we eat, but upon what we digest." Food as we buy it in the market, or even as we eat it, is not usually in condition to be made into body structure or used as body fuel. It must first go through a series of chemical changes by what is called digestion, which prepare it to be absorbed, taken into the blood, and carried to the parts of the body where it is needed. Digestion takes place in the alimentary canal, partly in the stomach, but more in the intestine. As the result, the useless portions are separated and rejected, while the parts which can serve for nutriment are changed into forms in which they can be absorbed, taken into the circulation and utilized.

Digestion

The alterations which the food undergoes in digestion are brought about by substances called ferments, which are secreted by the digestive organs. The saliva in the mouth has the power of changing insoluble starches into soluble sugar, but as the food stays in the mouth only a short time, there is generally little chance for such action. The saliva, however, helps to

*From report U. S. Dept. of Agriculture.

fit the food to be more easily worked on by the stomach. The gastric juice of the stomach acts upon protein, and the pancreatic juice of the intestine upon protein, fats and carbohydrates. The action of all the ferments is aided by the fine division of the food by chewing and by the muscular contractions, the so-called peristaltic action of the stomach and intestine. These latter motions help to mix the digestive juices and their ferments with the food.

The parts of the food which the digestive juices cannot dissolve, and which, therefore, escape digestion, are periodically given off by the intestine. Such solid excreta, or feces, include not only the particles of undigested food, but also the so-called metabolic products, i. e., residues of the digestive juices, bits of the lining of the alimentary canal, etc.

Absorption and Assimilation

The digested food finds its way through the walls of the alimentary canal, and at this time and later it undergoes remarkable chemical changes. When finally the blood, supplied with the nutrients of the digested food and freighted with oxygen from the lungs, is pumped from the heart all over the body, it is ready to

furnish the organs and tissues with the materials and energy which they need for their peculiar functions; at the same time it carries away the waste which the exercise of these functions has produced. It is a characteristic of living body tissue that it can choose the necessary materials from the blood and build them into its own structure. How it does this is one of the mysteries of physiology. The body, as we have learned, has also the power of consuming not only the materials of the food, but also parts of its own structure for the production of muscular work, or heat, or to protect more important parts from consumption. How it does this is another mystery, still to be explained.

Excretion

After the material has been thus assimilated and utilized, the resulting waste products must be removed from the body. The chemical elements which this waste contains, are, of course, the same as those making up the structure of the body and the food—carbon, oxygen, hydrogen, nitrogen, calcium, phosphorus, sulphur, etc. Most of the carbon and part of the oxygen are given off from the lungs as carbon dioxide. Hydrogen unites with more oxygen to form water, which is

passed off in vapor from the lungs, in perspiration from the skin, and in urine from the kidneys. Almost all the nitrogen is excreted in the urine. Waste mineral matters are given off to some extent in the perspiration, but mainly through the kidneys and intestines.

***Errors in Food Economy**

Scientific research, interpreting the observations of practical life, indicates that a fourfold mistake in food economy is very commonly made. First, the costlier kinds of food are used when the less expensive are just as nutritious and can be made nearly or quite as palatable. Secondly, the diet is apt to be one-sided, in that foods are used which furnish relatively too much of the fuel ingredients and too little of the flesh-forming materials. Thirdly, excessive quantities of food are used; part of the excess is eaten and often to the detriment of health; part is thrown away in the table and kitchen wastes. Finally, serious errors in cooking are committed.

For the well-to-do the worst injury is that to health; but people of small incomes suffer the addi-

*From Report U. S. Dept. of Agriculture.

tional disadvantage of injury to purse. Indeed, to one who looks into the matter it is surprising to see how much people of limited incomes lose in these ways. It is the poor man's money that is most injudiciously spent in the market and the poor man's food that is most badly cooked at home.

***Needless Use of Expensive Foods**

A common mistake in purchasing food is in buying the more expensive kinds when cheaper ones would serve the purpose just as well. This is often done under the impression that there is some peculiar virtue in the costlier materials and that economy in the diet is detrimental to dignity and welfare. Unfortunately, it is too often the case, that those who are most extravagant in this respect are the ones who can least afford it. On the other hand, there is frequently a desire to economize, but a lack of knowledge of the best method of doing so. Many a housekeeper who sincerely tries to do the best for those to be provided for, but whose every cent must tell, buys eggs at 30 cents a dozen, or sirloin steak at 30 cents a pound, when, for the same amount of money, it would be possible to get twice as much nourishment from a

*From Report U. S. Dept. of Agriculture.

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cheaper cut of meat, which, with a little skill in preparation and cooking, could be made into a tasty dish such as persons in far easier circumstances would not hesitate to set upon their tables.

The difficulty is the ignorance of the simple principles of nutrition. That ignorance results in a great waste of money. The maxim "that the best is the cheapest," as popularly understood to apply to the higher priced materials, is not true of food. The larger part of the price of costlier foods is paid for appearance, flavor, or rarity. While the dearer articles are often more pleasing to the palate, and are sometimes more easily cooked or possess a finer flavor, they are no more digestible nor nutritious than the cheaper ones. People who can afford them may be justified in buying them, but for persons in good health and with limited means they are not economical, and often increase the cost of food out of all proportion to nutrients furnished.

In the course of some dietary studies made in one of the poorer districts of Chicago it was found that a woman, whose husband was out of work and whose family was living on a few cents a day, bought lettuce, an article so innutritious that, at least when out of

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season and high in price, it is a luxury even for the rich, while she had to do without nutritious food. No one can object to the use of lettuce, or any other wholesome food, when the purse allows, but it is pitifully bad economy in such cases to buy foods which simply please the palate, while the body goes without proper nourishment.

The plain, substantial, standard food materials like the cheaper cuts of meat and fish, milk, flour, cornmeal, oatmeal, beans and potatoes, are as digestible and nutritious and as well fitted for the nourishment of people in good health as are any of the costlier materials. We endeavor to make our diet suit our palate by paying high prices in the market rather than by skillful cooking and tasteful serving at home. The remedy for this evil will be found in an understanding of the elementary facts regarding food and nutrition, in a better knowledge of cooking and serving food, and in the acceptance of the doctrine that economy is not only respectable, but honorable. The soup kitchens, which have been established in many cities, where meals planned according to accepted dietary standards are sold at very low and yet profitable rates, should furnish their patrons with object lessons on the food-purchasing power of money.

*** Apparent and Actual Digestibility**

The real nutritive value of a food then depends, not simply on the proportions of nutrients which it contains, but also on the amount of those nutrients which can be made available to the body by digestion for building material and for fuel. Part of the food eaten escapes digestion and is given off from the body in the feces. If we subtract the amount of this undigested residue from the total food, the remainder will be the amount actually digested in the stomach and intestines, absorbed through their walls, and taken into the circulation. This difference between the amounts eaten and those undigested represents the actual digestibility of food. A part of the food taken into the circulation, however, is later returned again to the alimentary canal mainly in the digestive juices that are needed for digesting the food. The material thus removed from circulation and returned to the alimentary canal, which consists of so-called metabolic products, is excreted with the undigested residue in the feces. The remainder of the food taken into the circulation represents the amount retained by the body for building material and for fuel. The difference between the

*From Report U. S. Dept. of Agriculture.

food which is absorbed and that which the body secures, therefore, is represented by the metabolic products. By the present methods of experimenting, however, the portion of the feces that consists of metabolic products cannot be satisfactorily distinguished from the undigested residue. It is very difficult, therefore, to determine the actual digestibility, but comparatively easy to estimate the apparent digestibility of food.

Suppose, for instance, that 15 per cent. of the protein in a specimen of bread is excreted, then 85 per cent. remains for the use of the body.

***Waste of Food**

The use of excessive quantities of food, which is a common dietary error in this country, among not only the well-to-do, but also those in moderate circumstances, entails a waste of food in at least three ways:

First. More food is eaten than can be properly utilized by the body. This is not universally true, for there are some people who do not eat enough for healthful nourishment. But the eating habits of large numbers are vicious, resulting not only in a loss of

*From Report U. S. Dept. of Agriculture.

food material, but in an increase in the labor of digestion, to say nothing of the injurious effects which overeating may have upon the bodily organs and functions and upon health in general. Probably the worst sufferers from this evil are well-to-do people of sedentary occupations—brain workers, as distinguished from hand workers.

Second. More food is served than can be eaten, and the excess is thrown away as table waste. Indeed, in many families in this country it is a matter of pride to furnish more food than is needed, a feeling which appears quite unreasonable to frugal Europeans, even those in equally comfortable circumstances.

Third. The third form is that which occurs in the preparation of food materials for consumption. Thus, in removing the inedible material, as skin, seeds, etc., from fruits and vegetables, more or less of the edible portion is removed also, depending upon the care with which the work is done. The greatest loss from a pecuniary standpoint, however, is in the waste of animal foods in which the nutrients are in their costliest forms. The “trimmings” of meat which are left with the butcher or removed in the kitchen frequently contain one-eighth of the nutritive ingredients of the

material paid for. Part of such waste is inevitable, but much of the valuable nutrients might be saved if the materials were used for making soup. The more economical cuts of meats are those in which there is less waste of this kind; in such cuts of meat as loin of beef, rib chops of lamb, and similar cuts, one-fifth the cost goes to pay for bone. Such cuts, therefore, should be avoided by those who wish to get the most actual nutriment for their money. Just where and among what classes of people the waste of food is greatest, it is not possible to say, but there is certainly a great deal more of it in this country than in Europe. The worst sufferers from it are doubtless the poor, but the large body of people of moderate means, the intelligent, and fairly well-to-do wage-workers are guilty of errors in this regard. The common remark that "the average American family wastes as much food as a French family would live upon" is greatly exaggerated, but statistics show that there is considerable truth in it. In dietary studies, conducted at a students' club in an Eastern college, it was found that 10 to 14 per cent. of the nutritive materials purchased were thrown away as kitchen or table waste, and yet the club members were trying to live as economically as was consistent with

comfort. In private families the waste has been found to range from practically none to as high as 8 or 10 per cent., while in boarding houses, even where economy was sought, it has reached 10, and in individual instances 20, per cent.; and in some public institutions where large numbers were fed it has been as high as 25 per cent. and even higher.

*Errors in Cooking

It is commonly remarked by those who study the conditions of living of people of limited means in different parts of the country that for substantial improvement of their household economics two things are needed: They must be informed as to the high nutritive value of the cheaper foods as compared with the costlier kinds, and the methods of cooking must be improved. A great deal of fuel is wasted in the preparation of food, and even then a great deal of the food is badly cooked. To replace dear food badly cooked by cheaper food well cooked is important for both health and purse. To make the table more attractive will be an efficient means for making the home life more enjoyable.

*From Report U. S. Dept. of Agriculture.

Eating

I have already explained why you should eat a little of every kind of food. Fruits and vegetables are nature's laxatives, containing the various kinds of mineral and chemical properties the system requires. Do not forget to drink plenty of pure water (not ice water) between meals. Drinking copiously with meals is wrong as it dilutes the gastric juices which are required for digestion.

Meats should be eaten in small quantities, preferably boiled, roasted, or broiled—*not* fried.

Frozen meats, poultry and fish lose their vitamins, owing to a chemical action caused by the freezing. Domestic fowls have very little vitamins, although nourishing. Venison and other wild game, owing to the fact that they feed largely on many kinds of seeds, have vitamins.

Cereals

White bread made by the modern milling process has been refined to such an extent that the vital element of the grain has been lost, although it has starchy properties that create fat. I am strongly of the opinion that some day the old milling process will be restored. The bran that is thrown away from the

white flour contains the vitamine. Oatmeal and other cereals meet the same fate, consequently, I advise the eating of rye bread, bran bread and brown bread of all kinds. Let hot bread and biscuit alone. The old fashioned oatmeal or whole wheat cracked is the stuff. Never eat anything when angry or frightened, as a chemical action takes place at such time that poisons the system. Always be cheerful, or even jolly, when eating. Ice cream and ices of all kinds stop digestion for 15 or 20 minutes. They tickle the palate but "the stomach gets the shock." As you grow older you will pay less attention to your palate and be more considerate of your stomach, which is, of course, the more important of the two. Foods now-a-days are gotten up in a seductive form, with sweets, spices and all kinds of condiments, Worcestershire sauce, etc., which makes us eat so much that 30 per cent. of the food we eat is wasted. Eat less and save 30 per cent. of the work for the stomach and bowels.

Lie Down After Dinner

According to a French scientist digestion proceeds more quickly when persons are recumbent than when erect, because in the process of evolution the stomach has not advanced as rapidly as other organs.

Drinking

Tea and coffee have no nutrition, but we all drink them, so drink as little as you can.

Tea affects the nerves, coffee clogs the liver and so do all alcoholic drinks. However, if you are determined to use them, be moderate. Spirituous liquors should always be diluted. Cock-tails mixed with all kinds of stale syrups and bitters are not recommended—in fact, they are villianous and detrimental to brain and stomach. Beer made from hops thoroughly brewed and aged, as is the imported beer, is beneficial in moderate quantities. Light table wines, if pure, are also good in moderation. The person who fails to differentiate between spirituous liquors on the one hand (whiskey, gin, rum and brandy) and pure beer and light wines on the other, is either an ignoramus or a bigoted fanatic. There are more arrests annually for drunkenness in the state of New York than there are in the Empire of Germany, where pure beer is the National beverage, or in the Republic of France where light wines are universally drank. There is yet a single case to be recorded where a man got violently drunk on claret wine or beer. A human hog can swill beer to the point of torpor or nausea, just as a glutton

can indulge in beefsteak with like results, but this is not the fault of the beefsteak. Pure apple cider is a laxative and contains vitamins and nourishment. Milk and buttermilk are also excellent. But, if you want to drink the elixir of life, drink pure spring water at natural temperature. Do not drink ice water.

Smoking

How ridiculous it is for a man to make a smoke stack out of his mouth; but if you are a smoker, smoke domestic mild cigars. Strong Havana cigars appeal to the "cultivated taste" but leave the nerves in a terrible condition. A great many say that they soothe the nerves, but the reaction is detrimental to the nervous system. Smoking light tobacco in a clean corncob pipe, which absorbs the nicotine, is the most wholesome smoke of all. Smoking cigarettes would not be so harmful were they not inhaled and the tobacco doped.

The great injury in smoking arises from the fact that the mucous membranes, glands and tonsils absorb the nicotine which is deadly poison. Therefore, the last thing to do after smoking, before retiring, is to gargle the throat and mouth with a mild gargle made

of equal parts of listerine, glycerine and warm water mixed. An eight-ounce bottle should last a week. Any mild antiseptic would do which leaves a pleasant taste in the mouth, besides making a sweet breath.

Sleeping

Be sure that you get at least 56 hours' sleep a week, an average of eight (8) hours per night. The proper position for going to sleep is the most comfortable position that you can get into, even to curling up like a little yellow dog in the middle of the bed and relaxing all muscles. Should you have an attack of insomnia, get out of bed, cover the bed with the quilts or blankets to keep it warm (if the room is cold) while you are walking around the room, until you are cold, then get back into the warm bed and snuggle down.

The warmth puts you to sleep in a very short time.

Too much covering is just as harmful as too little.

There is no necessity for my telling you to have your windows open, winter and summer, while sleeping.

Hair

Why should your hair turn gray ?

Why should you become bald ?

There is a chemical action of the blood that takes place, caused by imperfect circulation or a deficiency in the system. Consequently, start in time. Keep up your bodily efficiency and brush your hair with two hair brushes (never use a wire brush). Brush at night 25 times just before retiring. This will create the necessary circulation and the hair will then remain its natural color.

My own experience shows that my hair is now darker than at the age of 60 years, or 15 years ago.

In the Summer Time

Advice to city dwellers who are ailing and need building up, either from nervous, stomach or kidney derangements, rheumatism or diabetes: Go to some nice country home where you can get good fresh air good pure water, not mineral water highly charged with minerals, simply pure water which cleans the stomach, bowels and kidneys.

When you are out in the country you get strictly fresh vegetables, fresh fruit, fresh milk and buttermilk,

good, fresh butter and eggs, poultry of all kinds, fresh fish, a little fresh or salt meat, etc., getting away from frozen or cold-storage foods which have lost their vitamins. Under these conditions, away from all cares and with plenty of sunshine, you will quickly notice an improvement. Few people fully realize what sunshine will do. Why do we put flowers in the sun? Why, to bloom, of course; and so will you bloom in health. Under such treatment you will live to a ripe old age. But do not forget the fundamental basis of all this is exercising regularly every morning.

I fully realize that we cannot all have a house in the country, but most of us can often go into the country once a week, leaving Saturday noon and returning Sunday night or Monday morning, either by auto, trolley or train. It has been my custom to do this for many years and I attribute to this change of living much of my good health.

In the Winter Time

What shall we do? Eat, drink and sleep as already laid before you, and, of course, work. But you cannot go to any Country Home. Now, then, in the winter time nature has provided you with good, fresh,

LONG LIFE—HOW TO ATTAIN IT

pure, cold air, from which you get more oxygen than you receive in the summer time, because you move and breathe faster and this helps to make up for the loss of summer outing. Keep your feet dry and warm, and your head will keep cool. Do not allow your body to get chilled through; if you have not enough clothing on, run, or keep moving, to keep up your circulation.

Never go to bed with cold feet. The quickest way to get your feet warm is to put them in hot water.



Stephens System of Exercising

Prepares you, or puts you in condition, to play a better game of golf, tennis or base-ball and to swim farther.

Before retiring wash with warm water, use Castile soap, clean the teeth, take an antiseptic gargle for the throat and mouth, brush the hair thoroughly. Jump into bed and sleep eight hours.

Now for the morning: Take a cold bath or throw cold water over your arms, neck, ears, and solar plexus. Rub with a crash towel. This will waken you (what I call an eye opener)—making you feel as though you were ready for exercising.

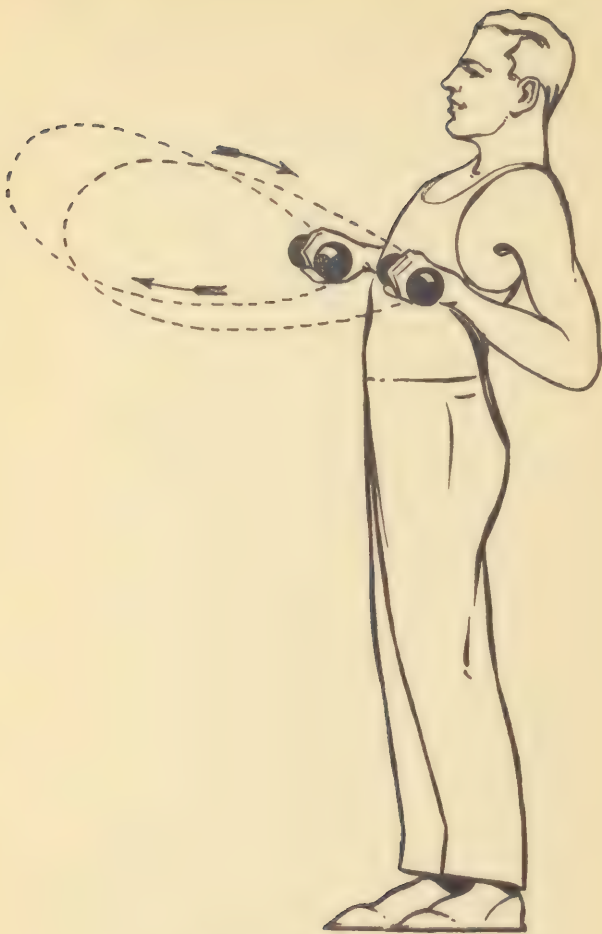
Stand erect, in front of an open window, with two one-pound dumb-bells, one firmly clasped in each hand. Execute each of the following movements five (5) times, holding your breath during the movements and then exhale, counting one; then five (5) times, counting two (2) and so on until you have counted five (5) making 25 motions for the first movement. Then reverse in the same manner. All other movements to be counted in the manner as above, but only holding and exhaling your breath in movements one,

three and four. Thus you have made 700 movements, which takes 20 minutes' time.

At times, when out walking, hold your breath ten (10) or fifteen (15) seconds, then exhale; thus you get deep breathing. Inhale through the nose—exhale through the mouth. If feeble, commence with less number of times. By this method you have brought every muscle into action, producing perfect circulation.

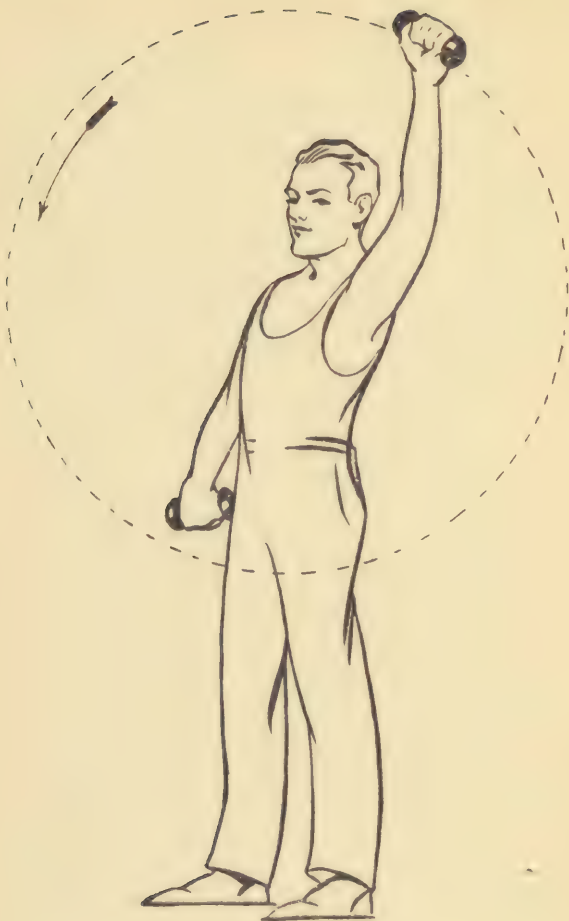
Directions for exercising follow:





FIRST MOVEMENT

Same as rowing—then reverse, 25 times each over and under. Inhale and exhale every five strokes.



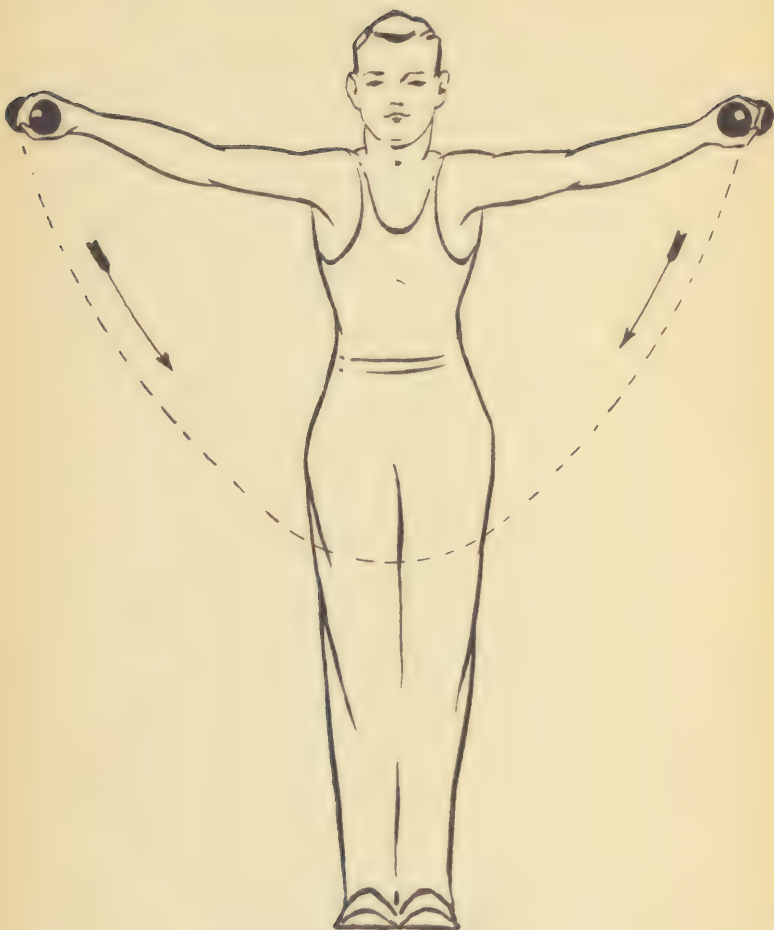
SECOND MOVEMENT

Swing right arm around in circle (as a wind-mill) left
arm same each 25 times



THIRD MOVEMENT

Arms extended (dumb-bells touching) in front level with the chin. Swing arms back as far as possible then forwards and backwards 25 times; inhale and exhale every five strokes.



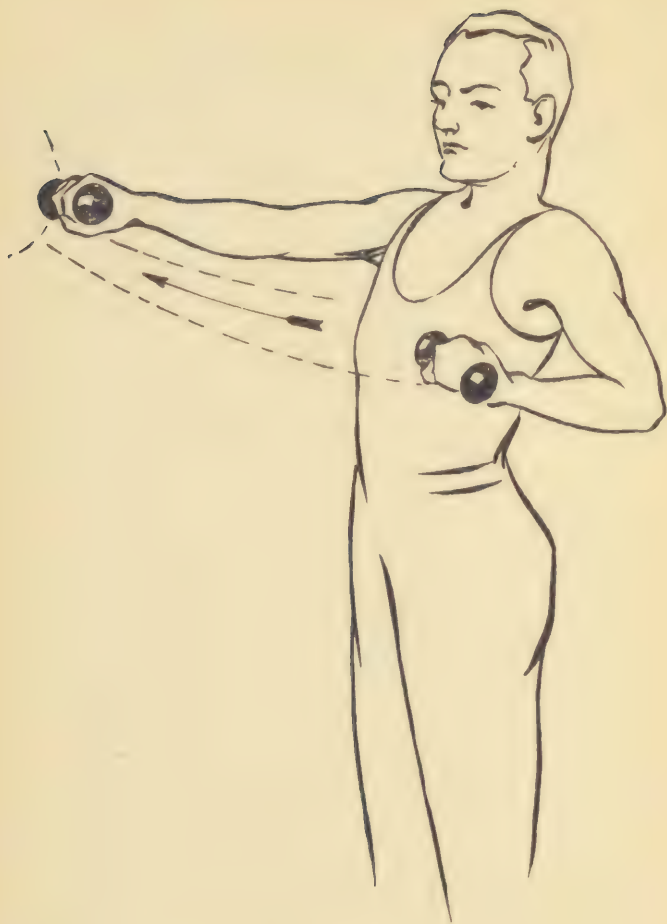
FOURTH MOVEMENT

Arms extended sideways. Swing up and down like pump handle 25 times; inhale and exhale every five strokes.



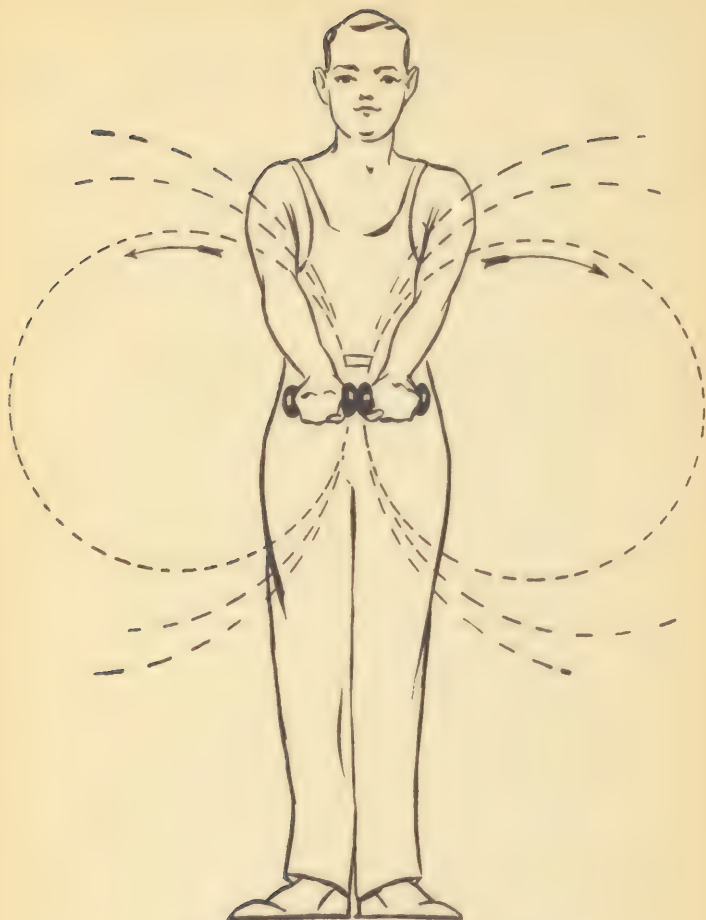
FIFTH MOVEMENT

Hold up fore-arms perpendicularly in front of you, turning the wrists in a circle to the right then reverse to left, 25 times each.



SIXTH MOVEMENT

Strike out with right and left, same as if you were using punching bag, as many times as you may desire.



SEVENTH MOVEMENT

Bring two hands together, dumb-bells touching in front of the waist line. Then swing the arms outward in circle until they again meet. Repeat, each time gradually farther apart until you form a circle as far as you can reach, acting as Indian clubs. Then reverse 25 times each way.



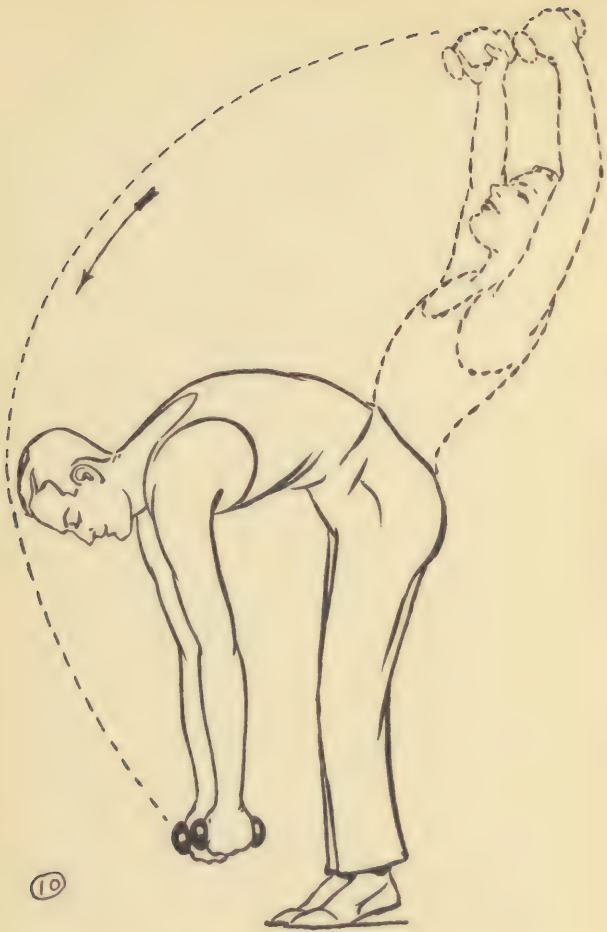
EIGHTH MOVEMENT

Swing both arms to the right, then to the left swinging the body as far as you can sideways. Turning your head right and left at the same time, 25 times each way.



NINTH MOVEMENT

Throw the head and arms backwards and forwards same as nodding, 25 times.



TENTH MOVEMENT

Bend forwards from the hips as far as you can reach down, keeping the legs straight; then straighten up and bend backwards as far as you can, standing on the balls of your feet; backwards and forwards 25 times.



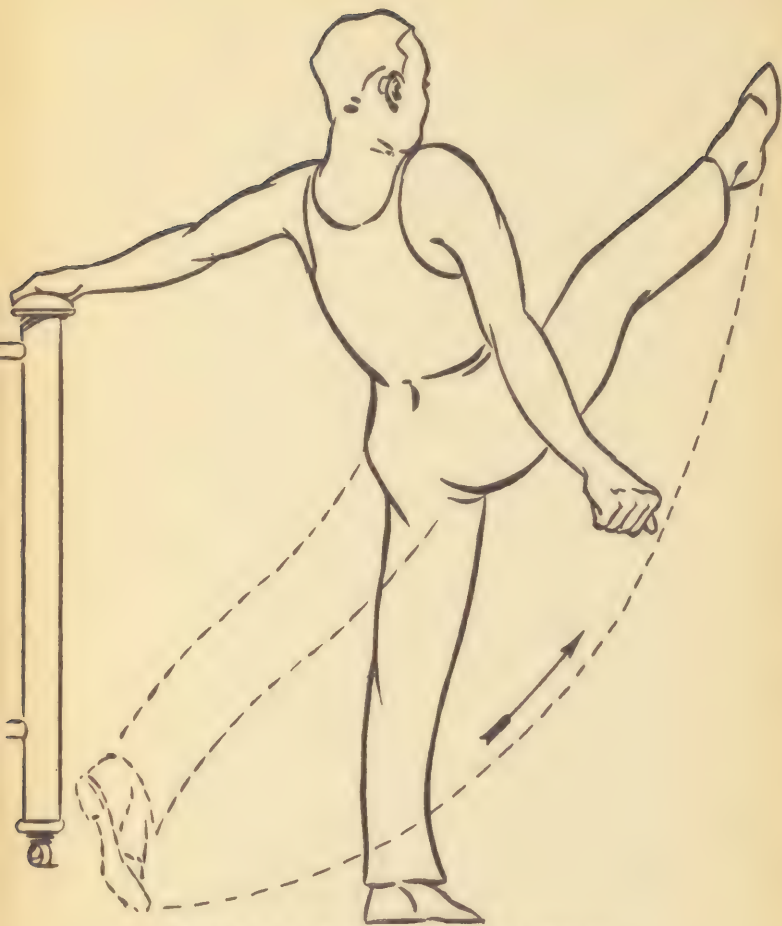
ELEVENTH MOVEMENT

Bend back, throwing the arms above the head, performing a rotary motion; reverse 10 times each way.



TWELFTH MOVEMENT

Hold both hands extended in front, then squat down as far as you can. Repeat up and down, 25 times.



THIRTEENTH MOVEMENT

Balance yourself by bed post, swing your leg forwards and backwards as far as you can reach. High kicking; left leg same, 25 times each.



FOURTEENTH MOVEMENT

Extend both arms up as far as you can reach, moving fingers rapidly, opening and closing the hands and fingers, 50 times.



FIFTEENTH MOVEMENT

Extend arms full length, sideways, hands open: close and open, all in a relaxed condition, snapping them as you would a whip, thus shaking or moving all the muscles in the body 50 times, causing vibratory motion of all the muscles.

PHYSICAL CULTURE
PUBLISHING COMPANY
Hatiron Building
New York City

June 26, 1915

Col. Henry Stephens
Chicago, Ills.

Dear Sir:-

I have the great pleasure of informing you that you have been awarded Honorable Mention in our Physique Beautiful Prize Contest, and that a special gold finish bronze plate medal is sent you under separate cover.

Full announcement of the results of this contest, with photographs of winning male competitors, will be published in our August issue. The photographs of the winning female competitors will appear in our September number.

If you wish to order copies of the August number, in which your name will be announced with those of other contestants, we shall be glad to reserve any number you may desire.

Very truly yours,

John Brennan
Managing Editor PHYSICAL CULTURE.

B'K

COPY OF LETTER FROM PHYSICAL
CULTURE MAGAZINE, NEW YORK
AWARDING MEDAL IN
PHYSIQUE BEAUTIFUL CONTEST



HENRY STEPHENS, AT THE AGE OF 74
Illustrating the uniformity and "balance" of physical development
secured by the Stephens System.

Proper Weight for Height

MALE

5 feet, 3 inches.....	127 lbs.
5 " 4 "	133 "
5 " 5 "	139 "
5 " 6 "	146 "
5 " 7 "	153 "
5 " 8 "	160 "
5 " 9 "	167 "
5 " 10 "	174 "
5 " 11 "	182 "
6 " 0 "	190 "

FEMALE

4 feet, 11 inches.....	101 lbs.
5 " 0 "	106 "
5 " 1 "	111 "
5 " 2 "	117 "
5 " 3 "	123 "
5 " 4 "	129 "
5 " 5 "	135 "
5 " 6 "	141 "
5 " 7 "	148 "
5 " 8 "	155 "

Final Word

It requires no small degree of will-power and tenacity of purpose to faithfully practice the physical exercises herein recommended, every day until it becomes a habit involving no more thought of effort than putting on one's clothes before breakfast. But nothing secured or retained without effort is worth having, and he who favors his palate at the expense of his health, or prefers indolent ease to physical and mental alertness, can make his choice without injury to any one but himself.

The writer would not trade the exuberant health that he possesses for all the money in the universe; because, after all, money can only buy food, shelter and clothing—now and then, perhaps, pleasure; but health and buoyant spirits—the vibrating enthusiasm that comes from perfect health—are worth every effort, and I say to each one of you who is not in possession of these powers: go to work; learn how to build this vitality—this spirit of life within—that bubbles over and changes misery into delight.



APPENDIX



Digestibility of Food

UNLESS an article of diet can be digested it is of no value, no matter how rich it may be in nutriment. The quantity of food taken will influence to a considerable extent the time consumed in its digestion. The stomachs of all are not alike in this respect, and the subject of time has been a difficult one to determine. The experiments of Dr. Beaumont, with the Canadian, St. Martin, who accidentally discharged the contents of a loaded gun into his stomach, creating an external opening through which the process of digestion could be observed through glass, have furnished us with the following table, which is correct enough to show relatively, if not absolutely, the time required for the digestion of various articles:

ARTICLES OF DIET	Mode of Preparation	Hrs.	Mins.
Milk	Boiled	2	00
Milk	Raw	2	15
Eggs, fresh.....	Raw	2	00

LONG LIFE—HOW TO ATTAIN IT

ARTICLES OF DIET	Mode of Preparation	Hrs.	Mins.
Eggs, fresh.....	Whipped ..	1	30
Eggs, fresh.....	Roasted ...	2	15
Eggs, fresh.....	Soft boiled .	3	00
Eggs, fresh.....	Hard boiled	3	30
Eggs, fresh.....	Fried	3	30
Custard	Baked	2	45
Codfish, cured, dry.....	Boiled	2	00
Trout, salmon, fresh.....	Boiled	1	30
Trout, salmon, fresh.....	Fried	1	30
Bass, striped, fresh.....	Broiled.....	3	00
Flounder, fresh.....	Fried	3	30
Catfish, fresh.....	Fried	3	30
Salmon, salted..	Boiled	4	00
Oyster, fresh.....	Raw	2	55
Oyster, fresh.....	Roasted ...	3	15
Oyster, fresh.....	Stewed.....	3	30
Venison steak.....	Broiled.....	1	35
Pig, suckling	Roasted ...	2	30
Lamb, fresh.....	Broiled ...	2	30
Beef, fresh, lean, dry.....	Roasted ...	3	30
Beef, with mustard, etc.....	Boiled	3	10
Beef, with salt only	Boiled	3	36
Beef, with salt only.....	Fried	4	00

LONG LIFE—HOW TO ATTAIN IT

ARTICLES OF DIET	Mode of Preparation	Hrs.	Mins.
Beef, fresh, lean, rare	Roasted . . .	3	00
Beefsteak	Broiled . . .	3	00
Mutton, fresh	Broiled . . .	3	00
Mutton, fresh	Boiled . . .	3	00
Mutton, fresh	Roasted . . .	3	15
Veal, fresh	Broiled . . .	4	00
Veal, fresh	Fried	4	30
Porksteak	Broiled . . .	3	15
Pork, fat and lean	Roasted . . .	5	15
Pork, recently salted	Raw	3	00
Pork, recently salted	Stewed . . .	3	00
Pork, recently salted	Broiled . . .	3	15
Pork, recently salted	Fried	4	15
Pork, recently salted	Boiled . . .	4	30
Turkey, wild	Roasted . . .	2	18
Turkey, tame	Roasted . .	2	30
Turkey, tame	Boiled . . .	2	25
Goose, wild	Roasted . . .	2	30
Chickens, full-grown	Fricasseed .	2	45
Fowls, domestic	Boiled . . .	4	00
Fowls, domestic	Roasted . . .	4	00
Ducks, tame	Roasted . . .	4	00
Ducks, wild	Roasted . . .	4	30

LONG LIFE—HOW TO ATTAIN IT

ARTICLES OF DIET	Mode of Preparation	Hrs.	Mins.
Soup, barley	Boiled	1	30
Soup, bean	Boiled	3	00
Soup, chicken	Boiled	3	00
Soup, mutton	Boiled	3	30
Soup, oyster	Boiled	3	30
Soup, beef, vegetables and bread . .	Boiled	4	00
Soup, marrow-bones	Boiled	4	15
Pig's feet, soured	Boiled	1	00
Tripe, soured	Boiled	1	00
Brains, animal	Boiled	1	45
Spinal marrow, animal	Boiled	2	40
Liver, beef, fresh	Broiled	2	00
Heart, animal	Fried	4	00
Cartilage	Boiled	4	15
Tendon	Boiled	5	30
Hash, meat, and vegetables	Warmed	3	20
Sausage, fresh	Broiled	3	30
Gelatine	Boiled	2	30
Cheese, old, strong	Raw	3	30
Green corn and beans	Boiled	3	45
Beans, pod	Boiled	2	30
Parsnips	Boiled	2	30
Potatoes	Roasted	2	30

LONG LIFE—HOW TO ATTAIN IT

ARTICLES OF DIET	Mode of Preparation	Hrs.	Mins.
Potatoes	Baked	2	30
Potatoes	Boiled	2	30
Cabbage, head	Raw	2	30
Cabbage, head, with vinegar.....	Raw	2	00
Cabbage, head	Boiled	4	30
Carrot, orange.....	Boiled .. .	3	12
Turnips, flat.....	Boiled	3	30
Beets	Boiled	3	45
Bread, corn.....	Baked	3	15
Bread, wheat, fresh.....	Baked	3	30
Apples, sweet, mellow.	Raw	1	30
Apples, sour, mellow.....	Raw	2	00
Apples, sour, hard	Raw	2	50

Milk is more easily digested than almost any other article of food. It is very nutritious, and, on account of the variety of the elements which it contains, it is extremely valuable, as article of diet, especially when the digestive powers are weakened, as in fevers, or during convalescence from any acute disease. Eggs are also very nutritious and easily digested. Whipped eggs are digested and assimilated with great ease. Fish, as a rule, is more speedily digested than is the flesh of warm-blooded animals. Oysters, especially when

taken raw, are very easily digested. We have known dyspeptics, who were unable to digest any other kind of animal food, to subsist for a considerable period upon raw oysters.

The flesh of mammalia seems to be more easily digested than that of birds. Beef, mutton, lamb and venison are easily digested, while fat roast pork and veal are digested with difficulty. According to the preceding table vegetables were digested in about the same time as ordinary animal food, but it should be remembered that a great part of the digestion of these is effected in the small intestine. Soups are, as a rule, very quickly digested. The time required for the digestion of bread is about the same as that required for the digestion of ordinary meats. Boiled cabbage is one of the most difficult substances to digest.

TO THE EDITOR PHYSICAL CULTURE MAGAZINE, NEW YORK

EFFICIENCY is the slogan today. Is medical science, with its staff of 167,000 practitioners, forestalled with two hundred years of research, experience and practice efficient? Does the annual death toll indicate efficiency? Is it any nearer efficiency today than research, experiment and practice? Reviewing its past and observing the present, when will it be efficient? Whenever medical science can teach the layman how to live normally—how to observe natural law, thus causing the death toll to come very late in life instead of at the beginning or when well advanced on the trail—then will it become efficient, but this will not occur as long as "effect" instead of "cause" occupies its mental horizon.

For every effect there is cause. Remove the cause and the effect will cease. This cannot be accomplished in the healing art by the use of chemicals, vaccines or serums. Man has occupied the earth for a very long time. Modern science tells us how virile are germs. They have probably always existed, at least as long as animal life, and if they have always been as virile in the past (and it has never been questioned) as at present and they did not destroy mankind, let us not worry about them now. We are told these germs cause all our sickness and disease. I don't believe it. I believe Nature put those "woozies" in man for a beneficent purpose, probably for police duty or hygienic purposes.

Nature in the beginning enacted laws to govern man's physical being. She has not revoked any of those laws nor added any amendments or substitutes, nor provided any artificial remedy to take their place, when violated. All she asks is to cease violating and she will do the rest, restore the diseased body to normal. Her laws are unchangeable. A penalty attaches for violation and the only immunity from the penalty is obedience.

—JAMES W. SHRYOCK.

I take the liberty of incorporating herein the following amusing verses, constituting a clever satire on the modern theory of dietetics, and recommend as an infallible antidote for the terrors therein depicted, the practice of keeping physically fit as set forth in this little book.

LITTLE BUG

BY BEN ATWELL

IN these days of indigestion,
It is oftentimes a question
As to what to eat and what to leave alone;
For each microbe and bacillus
Has a different way to kill us,
And in time they always claim us for their own.
There are germs of every kind
In any food that you can find,
In the market or upon the bill of fare.
Drinking water's just as risky
As the so-called deadly whisky,
And it's often a mistake to breathe the air.

Some little bug is going to find you some day,
Some little bug will creep behind you some day;
Then he'll send for his bug friends,
And all your earthly trouble ends.
Some little bug is going to find you some day.

LONG LIFE—HOW TO ATTAIN IT

The inviting green cucumber
Gets most everybody's number,
While the green corn has a system of its own;
Though a radish seems nutritious,
Its behavior is quite vicious,
And a doctor will be coming to your home.
Eating lobster cooked or plain
Is only flirting with ptomaine,
While an oyster sometimes has a lot to say;
But the clams we eat in chowder
Make the angels chant the louder,
For they know that we'll be with them right away.

Some little bug is going to find you some day,
Some little bug will creep behind you some day;
Then he'll get into your gizzard,
If you lose him you're a wizard.
Some little bug is going to find you some day.

Take a slice of nice fried onion,
And you're fit for Dr. Munyon.
Apple dumplings kill you quicker than a train.
Chew a cheesy midnight "rabbit,"
And a grave you'll soon inhabit,
Ah, to eat at all is such a foolish game.
Eating huckleberry pie
Is a pleasing way to die,
While sauerkraut brings on softening of the brain.
When you eat banana fritters
Every undertaker titters,
And the casket-makers nearly go insane.

LONG LIFE—HOW TO ATTAIN IT

Some little bug is going to find you some day.
Some little bug will creep behind you some day;
 With a nervous little quiver
 He'll give cirrhosis of the liver—
Some little bug is going to find you some day.

When cold storage vaults I visit
I can only say: "What is it
Makes poor mortals fill their systems with such stuff?"
Now, for breakfast, prunes are dandy,
If a stomach pump is handy,
And your doctor can be found quite soon enough;
Eat a plate of fine pig's knuckles
And the head-stone cutter chuckles,
While the grave-digger makes a note upon his cuff;
Eat that lovely red bologna,
And you'll wear a wood'n kimona,
As your relatives start scrapping 'bout your stuff.

Some little bug is going to find you some day,
Some little bug will creep behind you some day;
 Eating juicy sliced pineapple
 Makes the sexton dust the chapel—
Some little bug is going to find you some day.

All those crazy foods they mix
Will float us 'cross the River Styx,
Or they'll start us climbing up the milky way;
And the meals we eat in courses
Mean a hearse and two black horses,
So before a meal some people always pray.

LONG LIFE—HOW TO ATTAIN IT

Luscious grapes breed 'pendicitis,
And the juice leads to gastritis,
So there's only death to greet us either way;
And fried liver's nice, but mind you,
Friends will soon ride slow behind you,
And the papers then will have nice things to say.

Some little bug is going to find you some day,
Some little bug will creep behind you some day;
Eat some sauce, they call it chili,
On your breast they'll place a lily —
Some little bug is going to find you some day.



METHUSELAH

METHUSELAH, that grand old gent, saw centuries pass by, the generations came and went, and he refused to die.

No doubt among the ancient ranks the faddists drew their breath, and he was told by health board cranks just how to side-step death. I seem to see them at his side and hear them give advice. "Eat predigested hay," they cried, "that has been kept on ice. Sleep out of doors, in rain or gale, or you'll be on the blink; boil all the air that you inhale and fry the things you drink. Eat less than half of what you wish, put sawdust in your bread; if you are fond of beef or fish, eat liverwurst instead." The faddist sprung their spiels and died; Methuselah shed tears, but would not take them as a guide—and lived nine hundred years. His voice across the distance calls a cheering word to me: "I ate ice cream and codfish balls and was from sickness free. I filled myself with scrambled eggs, and steaks from slaughtered steers, and pranced around on active legs for near a thousand years."

—WALT MASON.

LIFE

A MAN comes into the world without his consent and leaves without his will. During his stay on earth his time is spent in one continuous round of contraries and misunderstandings. In his infancy, he is an angel; in his boyhood he is a devil; in his manhood, he is everything from a lizard up. If he raises a family, he is a chump; if he raises a check, he is a crook, and then the law gets after him. If he is a poor man, he is a bad manager and has no sense. If he is rich, he is dishonest but considered smart. If he is a politician, he is a grafter. If he is out of politics you can't place him and he is an undesirable citizen. If he goes to church, he is a hypocrite, and if he stays away from church, he is a sinner. If he donates to foreign missions, he does it for show; if he doesn't he is a "tight wad." When he first comes into the world every one wants to kiss him; before he goes out they all want to kick him. If he dies young there was a great future before him; if he lives to a ripe old age, he is only in the way and is living to save funeral expenses. In order to be entirely healthy, he must eat nothing, drink nothing, smoke nothing and see that the air is properly sterilized before breathing his last, "And the devil finally gets him."

—ANONYMOUS.

EXERCISE DID IT

EXTRACT from Chicago American, April 8, 1915, by MARTIN A. DELANEY, Physical Director of the Chicago Athletic Association: "COLONEL HENRY STEPHENS—old at 60, exercise makes him young again at 74.

"The story of an old man who became a young man as a result of consistent and constructive exercise and who wants to see other men do the same thing is contained in a letter I received today from COLONEL HENRY STEPHENS, Past Commander of Columbia Post, G. A. R. COLONEL STEPHENS writes that he began his system of exercise after he was 60 years old. At that time he considered himself an old man. Now he is 74 years old and is quite sure that he is a young man.

"COLONEL STEPHENS has visited me in my gymnasium and I have seen him go through stunts that would take the breath away from many a man years younger than he is. I am very much pleased that he has sent me the pictures showing his remarkable development. They should prove a great inspiration to the old young men in whom this city abounds—men who say, when you tell them that they ought to take some care of themselves: 'Oh, what's the use? I'm too old for that.'

"COLONEL STEPHENS skin is as smooth and glistening as that of a young boy. His muscles are the smooth, easily flowing muscles of a well-trained athlete, not the bulky, unsightly muscles of the freak. He is a great believer in outdoor life—particularly life in the woods—and he attributes much of his health to this way of living."





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